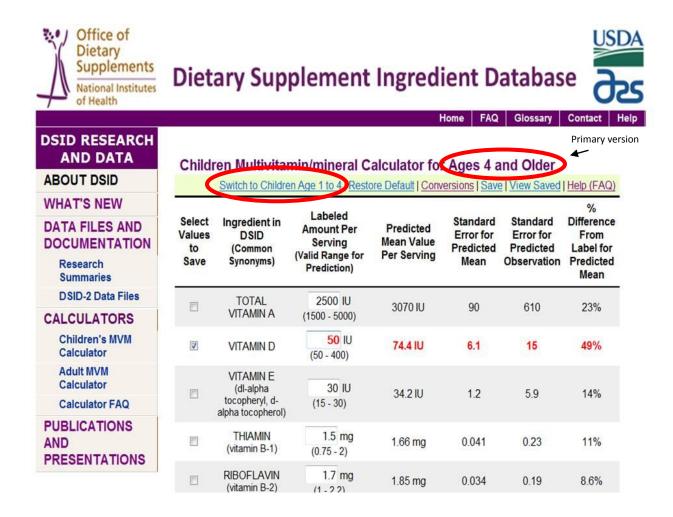
Instructions for Using the Children's MVM Calculator

The calculator screen will show a default number for each ingredient for children's MVMs for ages 4 and older, indicating the most common labeled level and its predicted mean level, calculated using the regression equation for that ingredient. Also calculated are the standard errors for the mean and for an individual observation and the % difference from label for the mean prediction. The calculator version for serving sizes for ages 4 and older is the version recommended for most research purposes, since it is the most common serving size for children's MVMs.

If you wish to obtain predictions for children's products labeled for serving sizes ages 1 to <4, click "Switch to Children Age 1 to <4" at the top left of the data entry screen. For more information about the statistical evaluation of children's data with two different age groups and serving sizes, see the Children's MVM Research Summary on the DSID website.



Use the label information from your bottle to enter the specific ingredient amount per serving (not the % Daily Value) for the age group and serving size corresponding to the calculator that you are using.

Suppleme Serving Size Servings Per Container	nt Facts 1/2 Tablet 200	1 Tablet
Amount Per Tablet	%DV for Children 2 and 3 years (1/2 Tablet)	%DV for Children 4 years and older (1 Tablet)
F	*	
Total Carbonyurate	*	<1%†
Sugars <1 g Vitamin A 3,500 IU (29% as Beta-Carotene		70%
/itamin C 60 mg	75%	100%
/itamin D 400 IU	50%	100%
/itamin E 30 IU	150%	100%
/itamin K 10 mcg	*	13%
Thiamin 1.5 mg	107%	100%
Riboflavin 1.7 mg	106%	100%

1. Enter values for any or all 16 ingredients within the range listed below each box. Press the 'tab' key on your keyboard or click outside the box to view entered data. Your calculated results, including your entered data, will appear in red.



Dietary Supplement Ingredient Database



OSID RESEARCH AND DATA	Child	ren Multivitar	min/mineral C	- 2 L - 2	r Ages 4 a	Glossary and Older	Contact
ABOUT DSID			en Age 1 to 4 Resto		•		Help (FAQ)
WHAT'S NEW	į — — —	Ingredient in DSID (Common Synonyms)	Labeled Amount Per Serving (Valid Range for Prediction)	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean
DATA FILES AND DOCUMENTATION	Select Values to Save						
Research Summaries							
DSID-2 Data Files		TOTAL VITAMIN A	2500 IU (1500 - 5000) 3070 IU	2070 111	90	610	23%
CALCULATORS				307010			
Children's MVM Calculator		VITAMIN D	50 IU (50 - 400)	74.4 IU	6.1	15	49%
Adult MVM Calculator		VITAMIN E (dl-alpha	30 IU	34.2 IU	1.2	5.9	14%
Calculator FAQ		tocopheryl, d- alpha tocopherol)	(15 - 30)				
PUBLICATIONS AND		THIAMIN (vitamin B-1)	1.5 mg (0.75 - 2)	1.66 mg	0.041	0.23	11%
PRESENTATIONS		RIBOFLAVIN (vitamin B-2)	1.7 mg	1.85 mg	0.034	0.19	8.6%

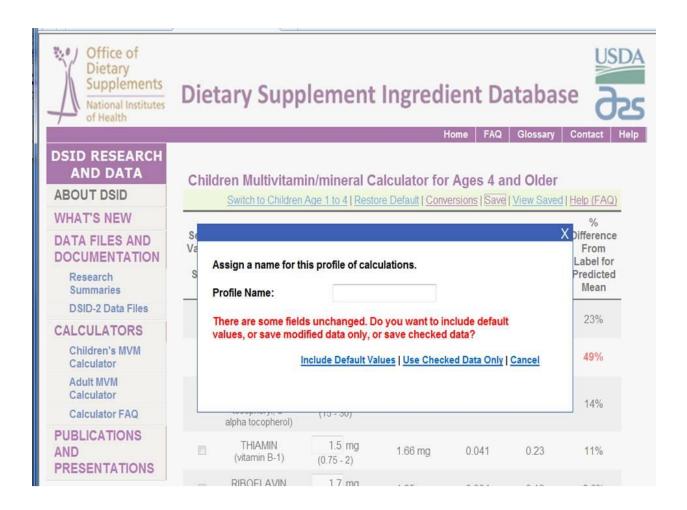
2. Select the 'Save' link near the top of the page.





Office of Dietary Supplements National Institutes of Health	Diet	ary Sup	plement	Ingred			se Ja	
DSID RESEARCH				1	lome FAQ	Glossary	Contact He	
AND DATA	Child	ron Multivita	min/mineral C	alculator for	Anne 1	and Older		
ABOUT DSID	Ciliu		en Age 1 to 4 Resto				Help (FAQ)	
WHAT'S NEW	-		***	,			%	
DATA FILES AND DOCUMENTATION	Select Values to Save	Ingredient in DSID (Common Synonyms)	Labeled Amount Per Serving (Valid Range for	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	From Label for Predicted	
Research Summaries	Save	Synonyms)	Prediction)		mean	Observation	Mean	
DSID-2 Data Files			TOTAL	2500 IU	3070 IU	90	610	23%
CALCULATORS		VITAMIN A	(1500 - 5000)	307010	90	010	2370	
Children's MVM Calculator		VITAMIN D	50 IU (50 - 400)	74.4 IU	6.1	15	49%	
Adult MVM Calculator		VITAMIN E (dl-alpha	30 IU	24.2.111	4.0	5.9	14%	
Calculator FAQ		tocopheryl, d- alpha tocopherol)	(15 - 30)	34.2 IU	1.2	5.9	14%	
PUBLICATIONS AND PRESENTATIONS		THIAMIN (vitamin B-1)	1.5 mg (0.75 - 2)	1.66 mg	0.041	0.23	11%	
FRESENTATIONS		RIBOFLAVIN (vitamin B-2)	1.7 mg	1.85 mg	0.034	0.19	8.6%	

3. Assign a profile name to each set of calculations.

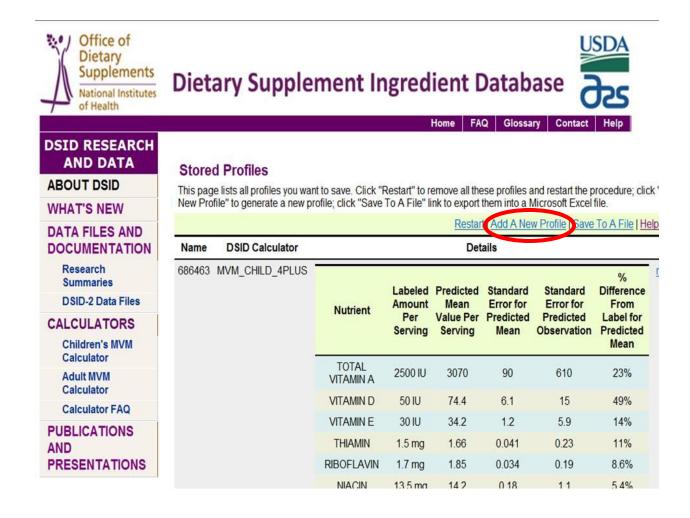


4. Choose either 'Include Default Values' (to include the original values shown on the data entry screen plus the data you changed) or 'Use Checked Data Only' (to include only the data you changed) to save your profile.

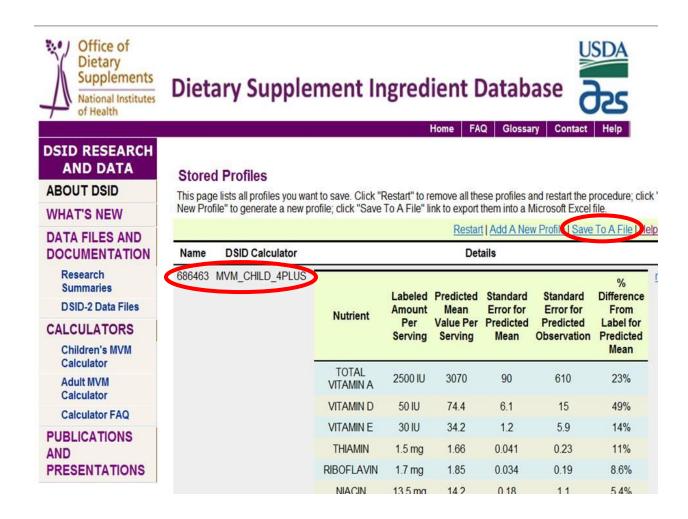
You can generate multiple sets of calculations (profiles) within one file.

5. To add an additional profile to the same file, select 'Add a New Profile' above the columns on the review page.

NOTE: In order to save these files onto your computer, your browser security settings must be configured to allow cookies.



6. In the next window, view your results and save them by selecting 'Save To A File' and filling in the name of your file.



7. To open a saved file, go to the directory on your computer (in Windows, probably in the My Documents directory) where the file was saved and open using Microsoft Excel. Once the file is saved, it can be manually modified and sorted.

NOTE: Predictions generated from the MVM Ingredient Calculators are estimates and are valid only for interpretation as indicated in DSID documentation.